K1-P2 Menu菜單

School of the Nations 聯國學校

e 日期	Main Dish 1 主菜1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食	
Friday	Apricot Chicken 蜜桃雞球	Minced Pork with Tofu 肉碎豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Monday	Pan-fried Fish Fillet 香煎龍脷魚	Minced Pork with Fresh Tomato 鮮茄免治豬肉	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉	
Tuesday	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Stir-fried Shrimp with Beans 蝦仁炒四季豆	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Wednesday	Curry Fish Ball 咖喱魚蛋	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵	
Thursday	Steamed Pork Patty with Shiitake Mushroom 香菇蒸肉餅	Stir-fried Fish Fillet with Cucumber 青瓜炒魚片	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Friday	Braised Chicken with Chestnuts 栗子燜雞	Pan-fried Lotus Root Cake 煎蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Monday	Corn & Pork Cubes in White Sauce 粟米肉粒	Pan-fried Chicken Steak 香煎雞扒	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯	
Tuesday	Curry Beef Brisket 咖喱牛腩	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Wednesday	Stewed Chicken with Potato 薯仔燜雞	Crabstick with Tofu 蟹柳豆腐	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉	
Thursday	Braised Fish with Beancurd Stick 枝竹燜魚柳	Steamed Egg with Minced Pork 肉碎蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Friday	Braised Beef in Satay Sauce 沙爹牛肉	Scallion Oil Chicken 蔥油雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Monday	Minced Beef 乾免治牛肉	Fried Egg 煎蛋	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉	
Tuesday	Teriyaki Chicken Steak 燒汁雞扒	Stir-fried Pork with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Wednesday	Pork Burger 豬柳漢堡包	French Fries 炸薯條	Mixed Vegetables 西式什菜		
Thursday	Chicken Breast in White Sauce 白汁燴雞胸肉	Taiwanese Braised Pork Belly 台式滷肉	Choi Sum 菜心粒	Rice 白米飯	
Friday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Marinated Egg 鹵水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Monday	Holiday 假日				
Tuesday	Minced Beef Portuguese Style 葡式免治牛肉	Chicken Fillet with Cauliflower 椰菜花雞柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Wednesday	Chicken in Portuguese Sauce 葡汁燴雞	Stir-fried Pork with Zucchini 翠玉瓜肉片	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵	
Thursday	Pork Chops in Peking Sauce 京都肉排	Steamed Chicken with Mushroom 冬菇蒸雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
Friday	Scrambled Eggs with Tomatoes 番茄蛋	Chicken Breast in Swiss Sauce 瑞士雞胸肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
(星期二)	Winter Melon and Barley Soun 久爪藝半基	22-11-2024(星期五)	Apple Snow Pear Soun - 韓里爾利堪		
(星期五)		26-11-2024(星期二)			
星期二)	-			 Soup 餐湯	
星期五)			Lotus Root I Olk Rio Soup 建桶排 / / //	Soup 食物	
星期二)					
	Friday Monday Tuesday Wednesday Thursday Friday Monday Tuesday Wednesday Thursday Friday Monday Tuesday Wednesday Thursday Friday Wednesday Thursday Friday Wednesday Thursday Friday Epinay Wednesday Thursday Tuesday Wednesday Thursday Tuesday Wednesday Thursday Tuesday Wednesday Thursday Thursday Thursday Thursday Thursday	Friday Apricot Chicken 蜜桃雞球 Monday Pan-fried Fish Fillet 香煎龍脷魚 Tuesday Braised Beef Brisket in Satay Sauce 沙爹牛肉 Wednesday Curry Fish Ball 咖喱魚蛋 Thursday Steamed Pork Patty with Shiitake Mushroom 香菇蒸肉餅 Friday Braised Chicken with Chestnuts 栗子爛雞 Monday Corn & Pork Cubes in White Sauce 粟米肉粒 Tuesday Curry Beef Brisket 咖喱牛腩 Wednesday Stewed Chicken with Potato 薯仔燜雞 Thursday Braised Fish with Beancurd Stick 枝竹燜魚柳 Friday Braised Beef in Satay Sauce 沙爹牛肉 Monday Minced Beef 乾免治牛肉 Tuesday Teriyaki Chicken Steak 燒汁雞扒 Wednesday Pork Burger 豬柳漢堡包 Thursday Chicken Breast in White Sauce 白汁燴雞胸肉 Friday Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉 Monday Tuesday Minced Beef Portuguese Style 葡式免治牛肉 Wednesday Chicken in Portuguese Style 葡式免治牛肉 Wednesday Chicken in Portuguese Sauce 葡汁熁雞 Thursday Pork Chops in Peking Sauce 京都內排 Friday Scrambled Eggs with Tomatoes 番茄蛋 星期二) Winter Melon and Barley Soup 冬瓜薏米湯 星期二) Unitalian Vegetable Soup 大利雜菜湯 星期二) Seaweed and Egg Soup 紫菜蛋花湯	Friday Apricot Chicken 蜜桃雞球 Minced Pork with Tofu 肉碎豆腐 Monday Pan-fried Fish Fillet 香煎龍耐魚 Minced Pork with Fresh Tomato 鲜茄兔治豬肉 Tuesday Braised Beef Brisket in Satay Sauce 沙多牛肉 Stir-fried Shrimp with Beans 報仁妙四季豆 Wednesday Curry Fish Ball 咖啡魚蜜 Thursday Steamed Pork Patty with Shittake Mushroom 香菇蒸肉餅 Stir-fried Fish Fillet with Cucumber 青瓜炒魚月 Friday Braised Chicken with Chestnuts 栗干烟雞 Pan-fried Lotus Root Cake 煎菇鍋餅 Monday Corn & Pork Cubes in White Sauce 栗米肉粒 Pan-fried Chicken Steak 香桃雞八 Tuesday Curry Beef Brisket 咖喱十蘭 Fuzzy Melon with Dried Shrimp and Vermicelli 蝦水粉絲節瓜 Wednesday Stewed Chicken with Potato 妻仔烟雞 Crabstick with Tofu 蟹柳豆腐 Thursday Braised Fish with Beancurd Stick 校竹烟魚椰 Steamed Egg with Minced Pork 內碎菜蛋 Friday Braised Beef in Satay Sauce 沙多牛肉 Scallion Oil Chicken 蔥油雞 Tuesday Treiyski Chicken Steak 境汁雞扒 Stir-fried Pork with Cucumber 青瓜炒肉月 Wednesday Pork Burger 豬椰湯蛋包 French Fries 炸薯條 Thursday Chicken Breast in White Sauce 白汁塘雞胸肉 Taiwanese Braised Pork Belly 台式滷肉 Friday Sweet and Sour Pork with Pincapple 菠蘿咕嚕肉 Marinated Egg 鹵水蛋 Monday Minced Beef Portuguese Style 葡式兔治中肉 Chicken Fillet with Cauliflower 椰菜花雞椰 Wednesday Minced Beef Portuguese Style 葡式兔治中肉 Chicken Fillet with Cauliflower 椰菜花雞椰 Wednesday Chicken in Portuguese Style 葡式兔治中肉 Stir-fried Pork with Succehini 翠玉瓜肉月 Tuesday Chicken in Portuguese Style 葡式兔治中肉 Chicken Fillet with Cauliflower 椰菜花雞椰 Wednesday Pork Chops in Peking Sauce 京都尚雞 Stir-fried Pork with Mushroom 冬菇菸雞 Friday Scambled Eggs with Tomatos 奢茄蛋 Chicken Breast in Swiss Sauce 瑞士雞胸肉 E即二) Winter Melon and Barley Soup 冬瓜蔥木湯 29-11-2024(星期五) E即五) Watercress and Dates Soup 蜜蛋香港湯 29-11-2024(星期五) Seaweed and Egg Soup 紫菜蛋花汤	Friday Apricot Chicken 型棉羅球 Minced Pork with Tofu 两阵모대 Second Vegetables 合情語菜 Monday Par-fried Fish Fillet 香頭菜園鱼 Minced Pork with Fresh Tormato 郭茄亞治療肉 Seasonal Vegetables 合情語菜 Tuesday Braised Beef Brisket in Satury Sauce 沙多牛肉 Stir-fried Strimp with Beam 專門之戶中來 又於沙遊 Seasonal Vegetables 合情語菜 Wednesday Curry Fish Ball 咖喱魚選 Scrambled Egg with Barbecued Pork 又換沙遊 Seasonal Vegetables 合情語菜 Wednesday Curry Fish Ball 咖喱魚選 Seasonal Vegetables 合情語菜 Tuesday Braised Fish with Fortato 蒂仔網鄉 Seasonal Vegetables 合情語菜 Seasonal Vege	

P3-F6 Menu 菜單

School of the Nations 聯國學校

Dat	te 日期	Main Dish 1 主菜 1	Main Dish 2 主菜 2	Vegetables 時蔬	Staple 主食
1-11-2024	Friday	Stir-fried Satay Beef with broccoli 沙爹牛肉炒椰菜	Stewed Chicken with Potato 薯仔燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4-11-2024	Monday	Chicken Steak 香煎雞扒	Macanese Minchi with Tomato 鮮茄免治豬肉	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉
5-11-2024	Tuesday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Chicken Breast in white sauce 白汁燴雞胸肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6-11-2024	Wednesday	Pan-fried Fish Fillet 吉列魚柳	Sausage with Beans in Tomato Sauce 茄汁豆雞肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
7-11-2024	Thursday	Minced Beef 干免治牛肉	Chicken Slices with cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
8-11-2024	Friday	Curry Chicken 咖喱雞球	Pan-fried Pork Chops with Spicy Salt 椒鹽豬扒 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11-11-2024	Monday	Portuguese style Beef Brisket 葡式牛腩	Mapo Tofu 麻婆豆腐(不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12-11-2024	Tuesday	Curry Fish Ball 咖喱魚蛋	Scrambled Egsg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice Noodles 家鄉炒米粉
13-11-2024	Wednesday	Taiwanese Braised Pork Belly 台式滷肉	Roast Chicken Wing with Rosemary香草焗雞翼	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
14-11-2024	Thursday	Apricot Chicken 蜜桃雞球	Stir fried French Beans with Fish Cake豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15-11-2024	Friday	Portuguee Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜莆	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18-11-2024	Monday	Pan-fried Fish Fillet 香煎魚柳	Scrambled Eggs with Tomatoes 鮮茄炒滑蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19-11-2024	Tuesday	Steamed Chicken with Mushroom 冬菇蒸雞	Pork Chops in Peking Sauce 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20-11-2024	Wednesday	Chicken Steak with Onion洋蔥雞扒	Tomato Meat Sauce 鮮茄肉醬	Seasonal Vegetables 合時蔬菜	Macaroni with Tomato sauce 茄汁長通粉
21-11-2024	Thursday	Lemon Pork Chop 西檸豬柳	Steam Egg with Vermicelli and Dry Shrimp 粉絲蝦米蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22-11-2024	Friday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Chicken in Mixed Mushroom Sauce 什菌燴雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25-11-2024	Monday		Holiday 假日		
26-11-2024	Tuesday	Pork Burger 豬柳漢堡包	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花車釐茄	Spaghetti with Tomato sauce 茄汁意粉
27-11-2024	Wednesday	Portuguese style Beef Brisket 葡式牛腩	Mapo Tofu 麻婆豆腐(不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28-11-2024	Thursday	Curry Chicken 咖喱雞球	Pan-fried Pork Chops with Spicy Salt 椒鹽豬扒 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29-11-2024	Friday	Portuguee Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜莆	Seasonal Vegetables 合時蔬菜	Rice 白米飯
05-11-2024 (星期二)	Winter Melon and Barley Soup 冬瓜薏米湯	22-11-2024 (星期五)	Apple Snow Pear Soup 蘋果雪梨湯	
08-11-2024 (星期五)	Watercress and Dates Soup 蜜棗西洋菜湯	26-11-2024(星期二)	Miso Soup 日式麵豉湯	7
12-11-2024 (星期二)	Italian Vegetable Soup 大利雜菜湯	29-11-2024(星期五)	Lotus Root Pork Rib Soup 蓮藕排骨湯	Soup 餐湯
15-11-2024 (星期五)	Seaweed and Egg Soup 紫菜蛋花湯			-
19-11-2024 (星期二)	Carrots and Corn Soup 青紅蘿蔔粟米湯			7